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I Mammal Why Your Brain

Mammals seek dominance because it stimulates their happy chemicals. An appetite for status develops as naturally as the appetite for food and sex. Status hierarchies emerge spontaneously as each individual strives to meet their needs and avoid harm. You would never think this way in words, but your mammal brain uses neurochemicals instead of words.

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The mammal brain rewards you with the good feeling of serotonin when you gain a position of strength. But the serotonin is soon metabolized and you have to do more to get more. This is why people are so busy seeking social power. Serotonin is not aggression. It's the calm pleasure of knowing you can meet your needs.

Amazon.com: I, Mammal: How to Make Peace With the Animal ...

This is why we're often disappointed by the same-old thing, and why we're always seeking. Natural selection built a brain that rewards you for meeting survival needs, not for just sitting around. Survival is defined in a quirky way, alas: your mammal brain cares about the survival of your genes, and it relies on neural pathways built in youth.

Inner Mammal Institute

The brain is a mass of soft, spongy, pinkish gray nerve tissue that weighs about 1.2 kg in a human being. It is connected at its base with the spinal cord, which is also part of the central nervous system. Called also encephalon. (See also color plates.) The brain is made up of billions of nerve cells, intricately connected with each other.

Mammalian brain I definition of Mammalian brain by Medical ...

the mammal brain motivates a body to go toward things that trigger happy chemicals and avoid things that trigger unhappy chemicals you can restrain yourself from acting on a neurochemical impulse but then your brain generates another impulse i mammal why your brain links status and happiness by loretta graziano breuning 2011

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